

# Sleeping Tips

## Sleep Hygiene

- Keep a sleep diary
- No strenuous mental activity for at least 2 hours or more before bedtime
- Follow a routine before going to bed
- Don't drink any fluids for 3 hours before bedtime
- Establish a bedtime routine 1/2 to 1 hour before bedtime
- Change your mattress if you have used it for more than 10 years

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## Sleep Hygiene

- Increase exposure to bright natural sunlight during the day (Please avoid direct sun exposure
  - Use sunscreen at least SPF 15 when in the sun
- Exercise more in the morning (If exercising in the evening affects your sleep)
- Make it your goal to get 2 good hours of sleep before midnight
- Listen to smooth relaxing music 30 minutes to 1 hour before bedtime

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## Sleep Hygiene

- Eat turkey sandwiches
  - It helps you to feel sleepy
- Set your air conditioner/heater at a comfortable temperature
- Make your room as dark as possible
- Use an alarm clock (to prevent fear of oversleeping)
- Keep an alarm clock nearby but not directly facing you
- I don't recommend listening to Art Bell or other potentially scary programs before going to bed

# Sleeping Tips

## Sleep Hygiene

- Eat a nutritious well balanced meal
- If you think you have depression, anxiety disorder or other psychological problems please see your doctor or psychologist for evaluation
- If you are experiencing high levels of stress please visit Dr Rabin website at <http://healthylifestyles.upmc.org>
- Increase the amount of time you spend with family, friends and loved ones

# Sleeping Tips

## Stimulus Control

- Don't lie down while watching TV (Sit up in a chair or sofa)
- Don't stay in your bedroom other than changing clothes
- If you worry or do strenuous mental activity, have a worry chair or thinking chair located in the living room or family room (not in the bedroom)
- Turn off the TV 30 minutes to 1 hour before going to bed

# Sleeping Tips

## Cognitive Therapy

- Practice thought substitution (if a bad or negative thought enters your mind STOP & substitute it with a positive thought)
- Keep a gratitude journal

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## Progressive Relaxation Techniques

- Learn technique of progressive relaxation
- Utilize meditation for relaxation